

Briefs . . .

Changes of command

418th Medical Logistics Company

Capt. Cassandra Mims will relinquish command of the 418th Medical Logistics Company to incoming commander, Capt. Francis Sullivan, at a change of command ceremony today at 10 a.m. at the post flagpole. Inclement weather site is Building 4194.

208th RSG change of command

Col. Jimmie Jaye Wells will relinquish command of the 208th Regional Support Group to Col. Pete Bosse Saturday at 10 a.m. at the Stilwell Reserve Center, Building 1520.

4th Reconnaissance Battalion

Lt. Col. Walter Estep will relinquish command of the 4th Reconnaissance Battalion to incoming commander, Lt. Col. Mark Hashimoto, at a change of command ceremony Aug. 11 at 9 a.m. at the post Quadrangle.

ID Card Office open at BAMC

A new Garrison ID Card Office at Brooke Army Medical Center is open Mondays through Fridays from 7:30 to 11 a.m. and 12:30 to 3:30 p.m. The office is located next to the TRICARE office in the basement. The office’s priority is wounded warriors and their Families; however, card services are available to all eligible personnel.

Check CAC expiration date

People should call the ID card section for an appointment two to three weeks prior to the expiration date on their Common Access Card. If the card is already expired, then cardholders will need to bring two types of identification, such as a driver’s license and Social Security card. One of the two types must be a photo ID. The expired CAC cannot be used as identification. For appointments, call 221-0415 or 221-2278.

School office closed

The Fort Sam Houston District and Campus offices will be closed the morning of Aug. 20 for required staff development. The offices will reopen at 12:30 p.m.

See **BRIEFS** on Page 4

FSHISD sets registration dates

The Fort Sam Houston Independent School District has set the dates for registration of incoming middle and high school students. All appointments are scheduled with a counselor. To schedule an appointment, call Robin Meilinger at 368-8775.

Middle school registration dates:

Aug. 14 – sixth grade

Aug. 15 – seven grade

Aug. 16 – eighth grade

Aug. 17 – by appointment

High School registration dates:

Aug. 14 – ninth grade

Aug. 15 – 10th grade

Aug. 16 – 11th grade

Aug. 17 – 12th grade

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Photo by Cheryl Harrison

Happy feet

Second Lt. Keith Collinsworth, U.S. Army-Baylor student researcher, measures the arch height in a weight-bearing position using the Foot Assessment Platform System as part of a research study to help cut down on Soldiers’ foot injuries due to factors such as overuse or ill-fitting shoes. The study calls for 1,000 volunteers, or 2,000 feet. **See related story on Pages 12 and 13.**

Fort Sam launches Army’s PTSD, mTBI training

By Elaine Wilson
Fort Sam Houston Public Information Office

Fort Sam Houston’s top leaders gathered Tuesday at the Army Medical Department Center and School to learn more about two conditions that are swiftly becoming signature wounds of the war on terror — mild Traumatic Brain Injury and Post Traumatic Stress Disorder.

The training session, led by Col. J.M. Harmon, acting installation commander, was the first of many for Fort Sam Houston as post leaders implement the Army’s chain-teaching program on mTBI and PTSD. All active and reserve Soldiers are required to have the training within 90 days of the Army’s launch, which was July 18.

The chain-teaching program, which comprises a standardized script and audiovisual products, informs Soldiers and their Families about the signs and symptoms of mTBI and PTSD

and encourages them to seek treatment as soon as possible. Leaders deliver the training to their Soldiers during in-person session where discussion and questions are encouraged.

“TBI and PTSD are invisible wounds so they are not as easy to recognize as physical wounds,” said Col. Joseph Pecko, one of the program’s authors and chief, Soldier and Family Support Branch, Department of Preventive Health Services, AMED-DC&S. “This program is designed to heighten awareness among Soldiers, battle buddies, leaders and Families so our Soldiers can receive the help they need and deserve. This program is by the Soldier, for the Soldier.”

While mTBI and PTSD have a few similar symptoms, the training explains the distinct signs of both.

MTBI, a type of concussion, is caused by a jolt or blow to the head, such as the shock wave from an improvised explosive device. Soldiers often experience a brief loss of memory or

See **PTSD, MTBI TRAINING** on Page 4

Army leadership to Families: ‘We hear you loud and clear’

WASHINGTON – July 13, the U.S. Army announced immediate steps to improve support to Army Families by authorizing and funding Family Readiness Support Assistants down to battalion level for all deploying units across the Army.

In his first act after being confirmed as Secretary of the Army, the Hon. Pete Geren ordered the immediate hiring of 703 additional Family Readiness Support Assistants for active-duty units, 181 assistants for U.S. Army Reserve units, and 127 assistants for Army National Guard units. Posted regionally at first,

Reserve and Army Guard assistants will gradually grow to numbers to cover each deploying battalion. Additionally, Geren and Gen. George Casey Jr., chief of staff of the Army, directed \$100 million to be immediately applied to Family readiness programs Army-wide.

“In our travels around the Army, Gen. Casey and I both hear the same things from our Family Members: ‘We handled that first deployment fine and, sure, the second deployment was a little tougher ... but this third deployment is very hard,’” Geren said. “So the chief and I want to immediately and directly impact in some

positive way the cumulative effects these multiple deployments are having on our Families.”

In an effort to mitigate the hardships that Soldiers and their Families face with numerous deployments, Family programs in place are being expanded and other programs are being implemented that directly support the Army Family.

“Another thing Families tell us is, ‘look, we don’t need new programs, we need you to standardize and fund the programs we have,’” Casey said.

See **FAMILY READINESS** on Page 4

Some TRICARE beneficiary data put at risk

By Fred W. Baker III
American Forces Press Service

WASHINGTON – Data for nearly 600,000 households enrolled in TRICARE stored on a government-contractor’s unprotected computer server could have been exposed to hackers, defense officials announced July 20.

“We take this potential data compromise very seriously,” said Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity. “The risk has been identified as low, but as a result of this unfortunate event, the Department of Defense is ensuring that steps are taken to keep affected beneficiaries informed.”

Beneficiaries’ names, addresses, Social Security Numbers, birth dates and some health information was stored on a computer server that was not using a firewall and did not have adequate password protection, TRICARE Management Activity officials said.

Officials disabled the server in May, and it is no longer used. Forensic analysis of the server found no evidence that any beneficiary information was compromised, said Leslie Shaffer, assistant privacy officer at the activity.

Science Applications International Corp. maintained the data in Shalimar, Fla., and used it to process several military health care contracts, including those for cus-

tomers in the Army, Navy, Air Force and Coast Guard. The server allowed for File Transfer Protocol transmissions of the data to its contract customers.

This is the first time SAIC has violated Defense Department computer security procedures, Shaffer said.

The TRICARE security breach was discovered after contract customers reported non-secure transmissions of data. SAIC is investigating and some employees have been placed on administrative leave pending the outcome, a company release stated.

“I can assure you that the individuals responsible for managing that server were not following standard operating procedures. DoD has very strict guidance on how we protect sensitive data,” Shaffer said.

Since May, SAIC has been processing the data, matching it with contact information so the beneficiaries could be notified.

“We’re taking precautions to do everything we can within DoD, Health Affairs and the TRICARE Management Activity to ensure that our beneficiaries are notified,” Shaffer said. “We have been working closely with SAIC to ensure all our procedures are being followed.”

DoD and SAIC are mailing letters this week to benefi-

“We’re taking precautions to do everything we can within DoD, Health Affairs and the TRICARE Management Activity to ensure that our beneficiaries are notified.”

Leslie Shaffer
Assistant privacy officer, TRICARE Management Activity

ciaries whose data was put at risk. An incident response center has been set up to field customer’s toll-free calls and information is available through a Web site for those who suspect identity theft, or who want to protect themselves from identity theft.

Beneficiaries who were put at risk are also being offered a free, one-year subscription to an identity restoration service, she said.

“I think anyone who receives a letter should take the protections that are necessary to ensure their data has not been compromised,” she said. “Those numbers are available. I would recommend that the beneficiary use those numbers.”

The incident response center can be reached toll free within the United States at 1-888-862-2680, or collect at 1-515-365-3550 from outside the United States.

Some Castleberry chili products recalled

By Col. Gary Vroegindewey
Director, DoD Veterinary Services Activity

Castleberry is working with various agencies to investigate possible contamination of products with Clostridium botulinum, a bacterium which can cause botulism, a life-threatening illness. Consumers should check their shelves for any of the products listed below and return the product to the location where the product was purchased for a full refund:

Castleberry’s Barbecue Pork in Barbecue Sauce, Barbecue Beef, Beef Stew, Brunswick Beef Stew Chicken & Beef, Chili with Beans, Chili no Beans, Corned Beef Hash, Creamed Chip Beef Gravy, Georgia Hash, Hot Chili with Beans, Hot Dog Chili Sauce, Onion Hot Dog Chili Sauce and Sausage Gravy. Some of the recalled products were also sold as Bunker Hill’s Chili no Beans, Spicier Chili no Beans and Hot Dog Chili Sauce. Consumers with any questions or concerns about this recall should go to

Castleberry’s Web site at <http://www.castleberrys.com> or call Castleberry’s consumer hotline at 1-888-203-8446.

The Food and Drug Administration notified Castleberry about four potential cases of botulism involving individuals who ate these products. Common symptoms of botulism include general weakness, dizziness, double-vision and trouble with speaking or swallowing. Additional symptoms include difficulty in breathing, muscular weakness, abdominal distension and constipation. People who have these problems should seek immediate medical attention.

Steve Mavity, SVP Technical Services/Quality Assurance for Castleberry, said, “We are taking this precautionary measure to ensure the safety of our consumers. We will continue to work closely with the FDA, (U.S. Department of Agriculture) and (the Centers for Disease Control and Prevention).”

(U.S. Army Medical Command News Release)

Mandatory ethics training

Soldiers and civilian employees must attend one hour of face-to-face ethics training in 2007 taught by an ethic attorney, as directed by the Secretary of the Army. The following classes will be taught in Blesse Auditorium, Willis Hall, Building 2841:	duties include a procurement function (this includes Government Purchase Card holders and approving officials) must also attend a second hour of acquisition ethics training. This second hour will be taught immediately following the first hour of ethics training in Blesse Auditorium on the following days:
Aug. 13 from 1 to 2 p.m.	Dec. 14 from 2 to 3 p.m
Sept. 10 from 9 to 10 a.m.	For more information, call
Oct. 17 from 1 to 2 p.m.	Gerald Krimbill, Shelby
Nov. 15 from 9 to 10 a.m.	Tanner or Capt. White at
Dec. 3 from 9 to 10 a.m.	221-2373 or 221-0485.
Dec. 14 from 1 to 2 p.m.	
Soldiers and civilian employees whose official	

Fort Sam Houston News Leader

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial



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U.S. Army South shows southern hospitality

By **Miranda Koerner**
Special to the News Leader

When you pick up the newspaper, chances are you don't read about military medical logistics teams providing medical supplies to third world countries. While the prominent stories may be Angelina Jolie's humanitarian efforts, United States Army South has been quietly providing medical and civil assistance to several countries in Central and South America for years.

Capt. Hubert Little, of USARSO, said that teams typically provide people in third world countries with medical, veteri-



Courtesy photo

U.S. Army South personnel provide dental care during a mission to Guatemala in February. USARSO typically helps low-income people in rural or poverty-stricken areas who don't have access to basic dental or medical care in the city.

nary and dental supplies. These supplies are delivered by teams that go on missions to countries including Guatemala, El Salvador and others. The supplies are organized at the USARSO base outside of San Antonio, and then shipped.

"I think the Army is well known for pretty much the defensive and offensive battles, blowing stuff up and what not," Little said. "This is an opportunity to show people we do more than that. We support the countries with these types of services and it's a humanitarian gesture to those countries. (This way), we can demonstrate we're not only a superpower, but (we) take care of the third world countries."

USARSO offers service to different countries each year and only goes into countries that accept the help. USARSO typically serves low-income people in rural or poverty-stricken areas who don't have access to basic dental or medical care in the city. It also provides veterinary services for the residents' livestock, which is often their livelihood.

"The missions run for a few weeks, and during that time they'll treat thousands of patients," explained Eric Atkisson, USARSO Public Affairs. "They get shots and check ups. They get the basics."

Atkisson said that he feels it's a shame that the missions don't get higher visibility in the media.

"War is more interesting to the media," Atkisson said. "The big stuff that's going on in Afghanistan will get a lot more attention than humanitarian missions to Latin America. President Bush actually came

"When you get an old person who has almost no vision and they can see again — that's the most rewarding thing . . . (It's wonderful) that I am there to give them hope, that somebody knows we're not just an Army to go to war; we're an Army that helps and goes to the needy."

Sgt. 1st Class Adolfo Becerril
U.S. Army South

through Guatemala in one of the medical operations we did this spring.

"The people who receive the medical care have always been very supportive and expressed their appreciation in a number of ways. They're always very friendly to troops; some bring food. With limited resources, we do it in four or five countries every year."

Sgt. 1st Class Adolfo Becerril, who has participated in several missions, said that the greatest reward for many of the troops is seeing the joy on people's faces.

(The locals) see us as saviors because we bring health care to where they have no medical facilities," Becerril said. "Everything we bring there is free, and they have a great gratitude for our services. Working in five different countries myself as a mission coordinator, they are so happy to see us. They feel they are neglected by their local government. They love we're in the small towns and communities helping them."

Becerril said his favorite memory was of a mission where he distributed glasses to elderly people.

"When you get an old person who has almost no vision and they can see again — that's the most rewarding thing," Becerril said. "(It's wonderful) that I am there to give them hope, that somebody knows we're not just an Army to go to war; we're an Army that helps and goes to the needy."

Atkisson said that several members of USARSO originally were born in Central and South American countries, so to them the missions hold a special meaning.

"One of the things we try to convey is that we look to Central and South America as our neighbors and partners," Atkisson said. "I think that's the end result that these folks come away with. They see us as their neighbors to the north doing something good for them."

"We have quite a few Spanish-speaking Soldiers in our Army and some of these Soldiers actually are from these countries," he said. "We almost have familial connections to some of these countries. We all consider ourselves Americans — Central, South and North American — we're all Americans."

First Army infuses counterinsurgency operations into training

By **Karen Bradshaw**
First Army Public Affairs

"Insurgencies in Iraq and Afghanistan were not the wars for which we were best prepared in 2001; however, they are the wars we are fighting . . . and are the kind of wars we must master" — General David Petraeus, commander, Multi-National Force-Iraq, in the Military Review, Jan-Feb 2006.

Now units must be skilled in the art of counterinsurgency. First Army trainers are ensuring that deploying National Guard and Army Reserve leaders and Soldiers understand the doctrine and strategies before their boots hit the ground in Iraq.

Soldiers have to know that insurgents want to influence politics and gain power by creating chaos and unrest in the population and swaying public opinion to drive a wedge between the people and the government. Counterinsurgency doctrine includes driving a wedge between the insurgents and the people by building trust in coalition forces and the legitimate Iraqi government.

In the past year, more than 80 First Army Soldiers have graduated from the Army's Counterinsurgency Center for Excellence at Taji, Iraq.

Known as the COIN Academy in shorthand lingo, the school teaches an intense one-week classroom course of

Iraqi history, cultures, customs of the various regions, counterinsurgency planning, techniques and applications.

After the classroom training, First Army students entered a practical phase where they embedded in coalition units living alongside Iraqi security forces in a teaching, coaching, mentoring mode that included patrols and other operations.

"We learned to inject leadership skills and confidence in the Iraqis, coaching and influencing them to step up to the plate to handle their own missions," said Maj. Justin Fiew, recent COIN CFE graduate and S-3, First Army, 205th Infantry Brigade, Camp Atterbury, Ind.

"Our First Army brigade and battalion commanders and senior trainers are putting counterinsurgency skills into action as they train their own units and, in turn, train mobilized National Guard and Army Reserve Soldiers," said Larry Bergeson, First Army COIN program manager.

"We are already injecting counterinsurgency strategies into First Army's realistic and demanding Theater Immersion training for our deploying Soldiers at Fort Dix, N.J.," said Col. Michael Miklos, commander, First Army's 72nd Field Artillery Brigade. "In fact, COIN is the framework for all training at Fort Dix."

Petraeus, senior American commander in Iraq who spoke at the COIN Academy, said, "Our focus on securing the population means that U.S. and coalition forces cannot commute to the fight. You must live in the area of operations 24/7."

Further he told troops, "I count on each of you to embrace the warrior-builder-diplomat spirit as we grapple with the demands that securing the population and helping it rebuild will require."

"Because the counterinsurgency campaign is a mix of offensive, defensive and stability operations, leaders at all levels must learn to adjust their approach constantly," said Lt. Col. Robert Felland, First Army, 205th Infantry Brigade, and recent First Army liaison officer who served for six months at the COIN academy.

"By inserting counterinsurgency events into Theater



Courtesy photos

During his embed phase at the Army's Counterinsurgency Center for Excellence at Taji, Iraq, Maj. Justin Fiew, First Army, 205th Infantry Brigade, Camp Atterbury, Ind., stands with a school principal and an official from the Iraqi Ministry of Education at the doorway of a mud-hut school that was being improved by an Army civil affairs team.

Immersion training, the lessons become transparent to Soldiers. Learning in a hands-on environment through scenario-driven events, Soldiers take away a better understanding of COIN principles," said Maj. Chuck Russell, battalion executive officer for First Army's 2/337th Battalion, 205th Infantry Brigade, at Camp Atterbury, Ind.

Insurgents frequently change their tactics and methods, so staying operationally current is vital when training Soldiers like they will fight, as mandated by First Army commander, Lt. Gen. Russel Honoré.

First Army planners keep training viable and up-to-date by studying after-action reviews and digesting the steady stream of data fed from First Army liaison officers in Iraq and Afghanistan.

Battle updates are swiftly translated into operational techniques, tactics and procedures for the mobilization station training lanes so National Guard and Army Reserve Soldiers can train like they will fight.

Since 9/11, First Army has mobilized, trained and deployed more than 460,000 National Guard and Army Reserve Soldiers for the war on terror.



Newly recruited members of the only mechanized division in the Iraqi army practice combat lifesaver skills.

Briefs

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Back to school immunizations

It's not too early to start thinking about back to school immunizations. Brooke Army Medical Center will offer immunizations to beneficiaries ages 6 to 23 every Wednesday in August and September from 7:30 a.m. to 4 p.m. in the BAMC Allergy Clinic, third floor Medical Mall. No appointments or consults are required. Shot records are recommended. Children age 5 and younger should see their primary provider first. For more information, call 916-3011.

Veterans' Forum

A Veterans' Forum will be held Sunday from 2:30 to 3:30 p.m. at the University of Texas at San Antonio's Downtown Campus, 501 W. Durango, Buena Vista Building, Theatre, Room 1.236. The forum will offer veterans an opportunity to share their concerns and ideas about how to improve and strengthen Veterans Affairs programs throughout the state. Veterans can send their questions via e-mail to TX23VetsQuestions@mail.house.gov.

Combatives Tournament

The 264th Medical Battalion and Morale, Welfare and Recreation will sponsor a 264th Combatives Tournament Aug. 18 from 9 a.m. to 1 p.m. at the Jimmy Brought Fitness Center. The event is open and free to the public. For more information, call Staff Sgt. Jeff Deickman at 221-7323 or e-mail jeff.deickman@amedd.army.mil.

Camp Bullis User's Conference

Camp Bullis will host a User's Conference Aug. 23 from 8 a.m. to 4 p.m. starting at the Camp Bullis Theater, Building 5900. Registration begins at 7:30 a.m. Senior staff and NCOs are highly encouraged to attend if they have arrived in the past year and conduct training at Camp Bullis. There will be a slide overview in the morning and a forum and tour in the afternoon. For reservations, call 295-7686 or e-mail patricia.jennings@us.army.mil, or call 295-7592 or e-mail ronald.lane@us.army.mil, or e-mail mabel.rodriguez@us.army.mil.

Department of Transportation meeting

The Texas Department of Transportation invites the community to a public meeting Aug. 23 at the Windcrest Civic Center, 9310 Jim Seal Drive, Windcrest, Texas. The meeting will include information on upcoming improvements to the roadway along Interstate Highway 35 from Rittiman Road to FM 78. An open house will convene at 6:30 p.m. followed by a presentation from 7 to 7:30 p.m. Following the presentation, staff will be available to answer questions. Project layouts and other project information will be on display.

MOAA luncheon

The Military Officers Association of America-Alamo Chapter will feature retired Col. John Olson, the only living officer to survive the Bataan Death March and a Japanese prisoner of war for three years. during a luncheon Aug. 23 at the Sam Houston Club. Olson will discuss the Philippine Scouts of World War II. The social hour will begin at 11 a.m.; the luncheon and program will begin at 11:45 a.m. The cost is \$16 per person. For reservations, call 228-9955 or e-mail moaa-ac@sbcglobal.net; by Aug. 20.

Green to Gold briefings

The Fort Sam Houston Education Center will host Green to Gold briefings for Soldiers interested in the Green to Gold ROTC program Aug. 23 and Sept. 20 at 11 a.m. and 1 p.m. in Building 2247, at the corner of Stanley and New Braunfels Avenue. Learn about the Active Duty Option, the Full Scholarship Option and the Two Year Non-scholarship Option. Army ROTC school cadre and 12th ROTC Brigade Recruiting Office personnel will be available to answer questions. For more information, call 295-2005.

Women's Equality Day

A Women's Equality Day event will be held Aug. 24 from 10:30 to 11:30 a.m. at the Army Community Service building on Stanley Road. The guest speaker will be Col. Cheryl Ann Harris, commander, 470th Military Intelligence Brigade. For more information, call Sgt. 1st Class Ricky Evans at 221-9276 or e-mail ricky.lovon.evans@us.army.mil.

Ready for some football?



Courtesy Photo

Spc. Mark Gilmore and Pfc. James Orlowski meet the Dallas Cowboy Cheerleaders at the Warrior and Family Support Center July 25. The famous cheerleaders took pictures and signed autographs for the wounded warriors. The cheerleaders also visited with inpatient wounded warriors at Brooke Army Medical Center.



Photo by Esther Garcia

First Sgt. Juan Urbina meets Jerry Jones, owner of the Dallas Cowboys, following the Dallas Cowboy Football Training Camp kick off ceremony July 24 at the Alamodome. The event included presentation of the colors by the U. S. Army Garrison Headquarters color guard, entertainment by Los Lonely Boys, performances by the Dallas Cowboy Cheerleaders and introduction of the stars of the ceremony, the Dallas Cowboys.

PTSD, mTBI training

Continued from Page 1

consciousness, see stars, have ringing in their ears or a feeling that something is not quite right. Symptoms include dizziness, nausea, headache, irritability and memory problems. The key to a swift recovery is to seek help immediately. The training warns Soldiers not to ignore symptoms; a second concussion before recovery from the first can cause permanent brain damage.

Post combat stress reactions are normal reactions to combat and operational exposure. Some times, Soldiers experiencing combat stress have difficulty readjusting to home life after a deployment, and may experience nightmares, flashbacks, hyper-vigilance, anger, irritability or depression, among other symptoms. The training includes a video clip of a Soldier who experiences a vivid flashback after hearing a loud noise outside of his house. Post combat stress reactions may be the precursor to PTSD, which is the long-term reactions to their exposure. Like mTBI, the key to recovery is to seek help early.

Although separate and distinct, both mTBI and PTSD are treatable, and the training reiterates that the earlier the intervention, the better the prognosis and recovery.

“The Army is striving to change the stigma that seeking mental health help is a sign of weakness,” Pecko said. “It takes strength to get help.”

Family readiness

Continued from Page 1

The Army's garrison commanders now have the authority to implement expanded services, as appropriate for their communities. These programs include recreational, child and youth programs, and Army community services. Some examples include reduced fees and extended Child and Youth Services to meet the needs of the working Army Family, expanded child care to help custodial parents and guardians, and off-post child care tapped for Families who are geographically dispersed. There are more than 50 programs and activities that support Army Families scheduled for expansion or implementation in the coming months.

The assigning of Family Readiness Support Assistants down to battalion level – units whose strength may vary between 300 to 1,000 Soldiers – will now place these key personnel even closer to the Families and communities they help daily. Family Readiness Support Assistants link Army Family Members with a wide level of community-support agencies, such as Army Community Service and chaplains. While job descriptions for most Family Readiness Support Assistants are similar, commanders have the flexibility to tailor the duties for their unique needs to best affect Family readiness. For instance, many Family Readiness Support Assistants develop and distrib-

ute unit newsletters or ensure telephone and e-mail trees are established, updated and used so Family Members receive critical information in a timely manner.

This type of support is particularly important in Army Reserve and Army National Guard units, where the Soldier and Family population is dispersed over wide areas: the Family Readiness Support Assistants become Families' links to “virtual installations” for support.

“This is not a quick fix; the Army is planning for the long-term,” Casey said, “These battalion-level Family Readiness Support Assistants are as important after a deployment as they are prior to a deployment, and funding existing programs will help mitigate some of the burdens created by the current deployment cycle. We will continue to look for more ways to help - we owe this to our Families, and these steps are just a ‘down payment.’ There is simply no longer any question that in an all-volunteer force, Family readiness equates to readiness of the force itself.”

For more information or to seek help for PTSD or mTBI, Soldiers and their Families can contact their health care provider, behavioral health, or call Military OneSource at 1-800-342-9647 or visit www.militaryonesource.com. To contact Veterans Affairs, call 1-877-222-8387 or call the VA PTSD Info Line at 1-802-296-6300.

For information about Family and Morale, Welfare and Recreation programs, visit www.ArmyMWR.com, which also provides links to installation and installation MWR Web sites.

For information on MWR programs at Fort Sam Houston, visit www.fortsamhouston.mwr.com.

(Source: U.S. Army News Release)

Soldier Show big hit at Fort Sam

Col. J. M. Harmon, chief of staff, Army Medical Department Center and School, presents a thank you gift as a token of appreciation to Sgt. 1st Class Johnny Stewart, NCO in charge of the 2007 Soldier Show. Stewart accepted the gift on behalf of the crew and cast of the show for their outstanding performances July 24 and 25 at Evans Theater. This year's musical production theme, "America's Soldiers Serving Proud," reflects the reasons Soldiers serve as they do and how they display esprit de corps serving Army Strong.



Soldiers assigned to the 32nd Medical Brigade display the 2007 Soldier Show program as they get ready to enjoy a performance. The cast and crew of the show performed July 24 and 25 at Evans Theater to offer as many Soldiers as possible the opportunity to watch the show.




Photos by Esther Garcia
Staff Sgt. Patricia Isaac, from Fort Stewart, Ga., and a member of the 2007 Soldier Show, performs July 24 at Evans Theater. Isaac has been singing since age 5. The hour-and-a-half performance featuring individual and group performances is energetic, fast pace and entertaining. The cast and crew of the show perform at more than 45 military installations and civilian venues throughout the country during the summer months.

WOULD YOU LIKE TO LIQUIDATE YOUR CREDIT CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.



New set of wheels

Spc. Manuel Villa proudly shows off his Sprint/Nextel NASCAR “wireless wheels” remote control car he won at the Warrior and Family Support Center Friday. As part of a month-long promotion, wounded warriors and Family Members were able to enter to win the “wireless” wheeled car, which is controlled by a cell phone. The promotion was sponsored by Sprint/Nextel; NASCAR; Army and Air Force Exchange Service; and Morale, Welfare and Recreation. For information on upcoming Sprint/Nextel NASCAR promotions, visit www.footsamhoustonmwr.com.



Photo by Kelly Jones



Photo by Esther Garcia

Celebrity visits post

Spc. Alexander Marmer and Pfc. Houston Meeks pose with actor Mario Lopez (center), known for his role as Slater in “Saved by the Bell” and most recently appearing in “Dancing with the Stars.” Lopez, who was in San Antonio supporting recruiting efforts by the San Antonio Recruiting Battalion, made a stop at Fort Sam Houston July 30, visiting the Warrior and Family Support Center and the post exchange.




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2006 Annual Drinking Water Quality Report

(Consumer Confidence Report)

FORT SAM HOUSTON

Phone No:

Special Notice for the ELDERLY, INFANTS, CANCER PATIENTS, people with HIV/AIDS or other immune problems:

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The EPA/Centers for Disease Control and Prevention (CDC) guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (1-800-426-4791).

Public Participation Opportunities

Date: M-F

Time: 8am - 5 pm

Location: Ft. Sam Houston, Bldg 4196 Ste 13

Phone No: 210-336-5263

To learn about future public meetings (concerning your drinking water), or to request to schedule one, please call us.

OUR DRINKING WATER IS REGULATED

by the Texas Commission on Environmental Quality (TCEQ) and they have determined that certain water quality issues exist which prevent our water from meeting all of the requirements as stated in the Federal Drinking Water Standards. Each issue is listed in this report as a violation and we are working closely with the TCEQ to achieve solutions.

WATER SOURCES: The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water before treatment include: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants.

En Español

Este informe incluye información importante sobre el agua potable. Si tiene preguntas o comentarios sobre este informe en español, favor de llamar al tel. () - para hablar con una persona bilingüe en español.

2006 Drinking Water Quality Report

(Consumer Confidence Report)

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Phone No. 210-336-5263

Our Drinking Water Meet or Exceeds All Federal (EPA) Drinking Water Requirements

This report is a summary of the quality of the water we provide our customers. The analysis was made by using the data from the most recent U.S. Environmental Protection Agency (EPA) required tests and is presented in attached pages. We hope this information helps you become more knowledgeable about what's in your drinking water.

WATER SOURCE: The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land and through the ground, it dissolves naturally occurring minerals, and in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water before treatment include: microbes, inorganic contaminants, pesticides, herbicides, radioactive contaminants, and organic chemical contaminants.

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Where do we get our drinking water?

Our drinking water is obtained from GROUND water sources. It comes from the following Lake/River/Reservoir/Aquifer: EDWARDS SOUTH BIF. A Source Water Susceptibility Assessment for your drinking water source(s) is currently being updated by the Texas Commission on Environmental Quality and will be provided to us this year. The report will describe the susceptibility and types of constituents that may come into contact with your drinking water source based on human activities and natural conditions. The information contained in the assessment will allow us to focus our source water protection strategies. For more information on source water assessments and protection efforts at our system, please contact us.

ALL drinking water may contain contaminants.

When drinking water meets federal standards there may not be any health based benefits to purchasing bottled water or point of use devices. Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (1-800-426-4791).

Secondary Constituents

Many constituents (such as calcium, sodium, or iron) which are often found in drinking water, can cause taste, color, and odor problems. The taste and odor constituents are called secondary constituents and are regulated by the State of Texas, not the EPA. These constituents are not causes for health concern. Therefore, secondaries are not required to be reported in this document but they may greatly affect the appearance and taste of your water.

About The Following Pages

The pages that follow list all of the federally regulated or monitored contaminants which have been found in your drinking water. The U.S. EPA requires water systems to test for up to 97 contaminants.

DEFINITIONS

Maximum Contaminant Level (MCL)

The highest permissible level of a contaminant in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal (MCLG)

The level of a contaminant in drinking water below which there is no known or expected health risk. MCLGs allow for a margin of safety.

Maximum Residual Disinfectant Level (MRDL)

The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum Residual Disinfectant Level Goal (MRDLG)

The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

Treatment Technique (TT)

A required process intended to reduce the level of a contaminant in drinking water.

Action Level (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

ABBREVIATIONS

NTU = Nephelometric Turbidity Units
MFL = million fibers per liter (a measure of asbestos)
pCi/L = picocuries per liter (a measure of radioactivity)
ppm = parts per million, or milligrams per liter (mg/L)
ppb = parts per billion, or micrograms per liter (µg/L)
ppt = parts per trillion, or nanograms per liter (ng/L)
pq = parts per quadrillion, or picograms per liter

Inorganic Contaminants

Year or Range	Contaminant	Average Level	Minimum Level	Maximum Level	MCL	MCL G	Unit of Measure	Source of Contaminant
Barium 2006 2005		0.077	0.045	0.166	2	2	ppm	Discharge of drilling waste; discharge from metal refineries; erosion of natural deposits.
Chromium 2006 2005		3.3	2.7	3.9	100	100	ppb	Discharge from steel and pulp mills; erosion of natural deposits.
Fluoride 2006 2005		1.05	0.26	1.54	4	4	ppm	Erosion of natural deposits; water additions, which pass over strong water; discharge from fertilizer and aluminum facilities.
Manganese 2006		1.95	1.82	1.98	10	10	ppm	Runoff from fertilizer use; leaching from septic tanks; sewage; erosion of natural deposits.
Thiosulfate 2006 2005		0.7	0	1.4	15	0	pCi/L	Erosion of natural deposits.

Organic Contaminants TESTING WAIVED, NOT REPORTED, OR NONE DETECTED

Maximum Residual Disinfectant Level

Systems must complete and submit disinfection data on the Disinfection Level Quarterly Operating Report (DLQOR).

On the DLQOR report, the system must provide disinfection type, minimum, maximum and average levels.

Year	Disinfectant	Average Level	Minimum Level	Maximum Level	MRDL	MRDL G	Unit of Measure	Source of Chemical
2006	Chlorine Residual Free	1.50	1.43	1.65	4.0	4.0	ppm	Disinfectant used to control microbes.

Disinfection Byproducts

Contaminant Year	Average Level	Minimum Level	Maximum Level	MCL	Unit of Measure	Source of Contaminant
2006 Total Haloacetic Acids	2.5	0	5	60	ppb	Byproduct of drinking water disinfection.
2006 Total Trihalomethanes	3.8	2.6	4.9	80	ppb	Byproduct of drinking water disinfection.

Unregulated Contaminants NOT REPORTED OR NONE DETECTED Lead and Copper

Contaminant Year	The 9th Percentile	Number of Sites Exceeding Action Level	Action Level	Unit of Measure	Source of Contaminant
2006 Lead	11.5	3	15	ppb	Corrosion of household plumbing systems; erosion of natural deposits.
2006 Copper	0.435	1	1.3	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.

Turbidity NOT REQUIRED

Total Coliforms

Total coliform bacteria are used as indicators of microbial contamination of drinking water because testing for them is easy. While not disease-causing organisms themselves, they are often found in association with other microbes that are capable of causing disease. Coliform bacteria are more hardy than many disease-causing organisms; therefore, their absence from water is a good indication that the water is microbiologically safe for human consumption.

Highest Monthly Number of Positive Samples Year Contaminant MCL Unit of Measure Source of Contaminant

2006 Total Coliform Bacteria 4 * Presence Naturally present in the environment.

* Two or more coliform based samples in any single month.

Fecal Coliform REPORTED MONTHLY TESTS FOUND NO FECAL COLEFORM BACTERIA.

VIOLATIONS

Violation Type	Health Effects	Duration	Explanation	Steps to Correct
COLEFORM FAILURE TO REE OR REPORT PUBLIC NOTIFICATION	Fail to notify consumers of a bacteriological related violation makes it impossible for consumers to consider alternatives to drinking water that is contaminated or inadequately treated.	4/1/2006 to 4/30/2006	No explanation required. False positive 1" samples.	All positive samples were retested with negative results.
TOTAL COLEFORM NON-ACUTE MCL NO FECAL FOUND	Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.	4/1/2006 to 4/30/2006	No explanation required. False positive 1" samples.	All positive samples were retested with negative results.
TOTAL COLEFORM NON-ACUTE MCL NO FECAL FOUND	Coliforms are bacteria that are naturally present in the environment, and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.	8/1/2006 to 8/31/2006	No explanation required. False positive 1" samples.	All positive samples were retested with negative results.
ROUTINE COLEFORM MONITORING - MAJOR - NOT ENOUGH ROUTINE SAMPLES	We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not your drinking water meets health standards. During this compliance period, we did not correctly monitor, and therefore cannot be sure of the quality of your drinking water during this time.	8/1/2006 to 9/30/2006	Fail to submit required samples.	Subsequent required samples.
ROUTINE COLEFORM MONITORING - MAJOR - NOT ENOUGH ROUTINE SAMPLES	We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not your drinking water meets health standards. During this compliance period, we did not correctly monitor, and therefore cannot be sure of the quality of your drinking water during this time.	8/1/2006 to 8/31/2006	Fail to submit required samples.	Subsequent required samples.

Secondary and Other Constituents Not Regulated (No associated adverse health effects)

Year or Range	Constituent	Average Level	Minimum Level	Maximum Level	Secondary Limit	Unit of Measure	Source of Constituent
2006 2005	Boronate	197	196	198	NA	ppm	Corrosion of earthenware rods such as limestone.
2006 2005	Calcium	69.5	69.1	69.9	NA	ppm	Abundant naturally occurring element.
2006 2005	Chloride	88	87	89	300	ppm	Abundant naturally occurring element; used in water purification; byproduct of oil field activity.
2006 2005	Copper	0.033	0.031	0.034	1	ppm	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives.
2006 2005	Hardness as Ca/Mg	242	239	245	NA	ppm	Naturally occurring calcium and magnesium.
2006 2005	Iron	0.159	0	0.317	3	ppm	Erosion of natural deposits; iron or steel water delivery equipment or facilities.
2006 2005	Lead	0.003	0.002	0.004	NA	ppm	Corrosion of household plumbing systems; erosion of natural deposits.
2006 2005	Magnesium	16.7	16.2	17.1	NA	ppm	Abundant naturally occurring element.
2006 2005	Manganese	0.0005	0	0.005	.05	ppm	Abundant naturally occurring element.
2006 2005	Nickel	0.002	0.003	0.002	NA	ppm	Erosion of natural deposits.
2006 2005	pH	7.8	7.7	7.9	7	units	Measure of corrosivity of water.
2006 2005	Sulfate	13	11	11	NA	ppm	Erosion of natural deposits; byproduct of oil field activity.
2006 2005	Sulfate	15	14	16	360	ppm	Naturally occurring; common industrial byproduct; byproduct of oil field activity.
2006 2005	Total Alkalinity as CaCO3	197	196	198	NA	ppm	Naturally occurring soluble mineral salts.
2006 2005	Total Dissolved Solids	282	278	285	1000	ppm	Total dissolved mineral constituents in water.
2006 2005	Zinc	0.143	0.024	0.061	5	ppm	Moderately abundant naturally occurring element used in the metal industry.

Sports Briefs . . .

Heart of Texas Triathlon #4

The Fort Sam Houston Triathlon #4 will be held Sunday at 7:30 a.m. at the Aquatic Center. To register or for more information, call 221-2020 or 221-1234.

Silver Stars 5K Run/Walk

The Third Annual Silver Stars 5K Run/Walk will be held Aug. 11 at 8:30 a.m. at the AT&T Center in San Antonio. Parking is free in Lot 4. The entry fee is \$20 per person on or before Aug. 10 and \$30 the day of the race. To register, visit www.sasilver-stars.com. For more information, call 444-5652 or e-mail efalat@attcenter.com.

10-Miler #2

The Fort Sam Houston 10-Miler #2 will be held Aug. 12 at 7:30 a.m. at the Brigade Gym. To register or for more information, call 221-2020 or 221-1234.

Health and Wellness Fair

A free Health and Wellness Fair will be held at the Jimmy Brought Fitness Center Aug. 30 from 10 a.m. to 1 p.m. Activities include cholesterol screening, diabetes screening, nutritional information, door prizes and more. Participants who wish to have cholesterol screening must fast for 12 hours before the test. For more information, call 221-2020 or 221-1234.

Intramural teams

A coaches' meeting will be held Monday at 1 p.m. at the Jimmy Brought Fitness

Center. Leagues begin Aug. 20. For more information, call Earl Young at 221-1180 or e-mail earl.t.young@us.army.mil.

Varsity basketball

Coaches and players are needed for the women's and men's varsity basketball teams. Tryouts for players are Aug. 27 through 31 at 6:30 p.m. at the Jimmy Brought Fitness Center. Those interested in coaching should submit resumes by Aug. 23 to Earl Young at 1212 Stanley Road, Ste. 20, Fort Sam Houston, TX 78234. For more information, call 221-1180 or e-mail earl.t.young@us.army.mil.

Youth soccer registration

Youth can register for the Alamo Heights/Fort Sam Houston Youth Soccer team through Aug. 31. People can register online at www.ahfsh.org or stop by the Youth Center for walk-in registration Aug. 25 from 10 a.m. to 3 p.m. and Aug. 29 from 6 to 8 p.m. For more information, visit www.ahfsh.org or call 828-7071.

New fitness classes

A muscle conditioning class, which includes total body strength training, is offered Fridays from 5 to 6 p.m. at the Jimmy Brought Fitness Center.

A total body conditioning class, comprising 50 minutes of cycling and 30 minutes of core conditioning, is held Saturdays from 9 to 10:20 a.m. at the Jimmy Brought Fitness Center. For more information, call the fitness center at 221-2020.

Child and Youth Services

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Aug. 21 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871.

FCC providers

Family Child Care is seeking Family Members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

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Off-post childcare options

The Army Child Care in Your

Neighborhood program offers military Families more childcare options in the local community. There are two childcare centers and 25 civilian providers in surrounding areas of Fort Sam Houston available for use by local Army Families. The centers and providers are monitored to ensure they meet Army standards. For more information, call the Family Service Association at 431-7570 or Fort Sam Houston Central Registration at 221-4871.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through Child and Youth Services Central Registration, Building 2797, from 8 a.m. to 4:30 p.m.

Sport physicals

Patrons interested in summer and fall sports should make appointments for sport physicals now. Patrons will

need a sport physical to register. Sport physicals must be valid for the entire sport season. Patrons must be registered with Child and Youth Services to participate in sports. For more information or registration requirements, call Central Registration at 221-4871 or 221-1723.

SKIES Unlimited classes

The Child and Youth Services SKIES Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month’s fee is due at time of registration at Building 2797. For fee information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630. For class information, call 221-1723 or 221-4871.

PCI, Head Start applications available

Parent Child Incorporated and Head Start is currently accepting applications. This is a free childcare program for Families that meet federal guidelines. For more information, call 221-3788.

If the shoe fits . . .

Study finds at-risk foot types

Story and photos by Cheryl Harrison
Fort Sam Houston Public Information Office

The human foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles. One fourth of all the bones in the human body are down in the feet. With neglect, lack of awareness and ill-fitting shoes, the human foot, as well as the entire body, is at a high risk for injuries.

While the most likely cause of running injuries is improper training or excessive mileage on shoes, wearing either inappropriate or worn out shoes may also increase the risk for injury.

Overuse injuries account for nearly all musculoskeletal injuries in the military. Soldiers are at high risk for overuse injuries due to training.

Getting fit with the proper shoes has been shown to reduce the number of injuries by 35 percent. Unfortunately, 85 percent of Soldiers are wearing either the wrong shoe type or worn out shoes.

The U.S. Army-Baylor University Doctoral Program in Physical Therapy and the Army Medical Department Center and School are conducting the Foot Assessment Algorithm for Soldiers in Training, or FFAST, research study to find an accurate way to identify Soldiers' foot types and potentially save millions of dollars, reducing the countless duty hours that are lost due to overuse injuries.

FFAST will require 1,000 volunteers who are willing to provide their informed consent to participate, in other words, 2,000 feet. Volunteers can be active duty Soldiers and dependants between the ages of 18 and 50, or any Department of Defense beneficiaries. Seventeen-year-old active duty Soldiers are also eligible. Participation is strictly voluntary, information is private and it only takes

about one hour. The program is strictly voluntary, will not change medical benefits, involves minimal time, has no risk involved and footwear advice and education are available.

The screening takes about one hour and involves the Foot Assessment Platform System, Foot Posture Index, physical assessment, EMED-X Pressure Platform and education and training.

Five stations are involved in the study. At the first, volunteers fill out questionnaires that give a health history and running history of the shoes that have been worn. Twenty different measurements are taken standing and while sitting to see the mobility of the foot, both weight bearing and non-weight bearing. Height and weight are measured to get body mass index, which helps inform how often to replace shoes. A mirrored light box allows a better fitting running shoe by showing the height of the arch of the foot. A Brannock Device, or the typical shoe guide used to measure feet in stores, is used to get an accurate shoe size, measuring from the longest toe, not necessarily always the big toe.

"We get a good idea of how much training people have had, injuries, and a history of the kind of shoes they've worn. We will then use this information to correlate with all the foot measurements as to what kind of foot type they are and what shoe they need," said Maj. Deydre Teyhen, principal investigator of the study and assistant professor, U.S. Army-Baylor University Doctoral Program in Physical Therapy. "We are interested in Soldiers who have had injuries and those who have not. We want to find out what type of foot is most prone to injury."

Most of the volunteers have a curiosity, whether they have been injured or not. Nobody wants to be injured while running but if they have, they do not want to risk injury again.

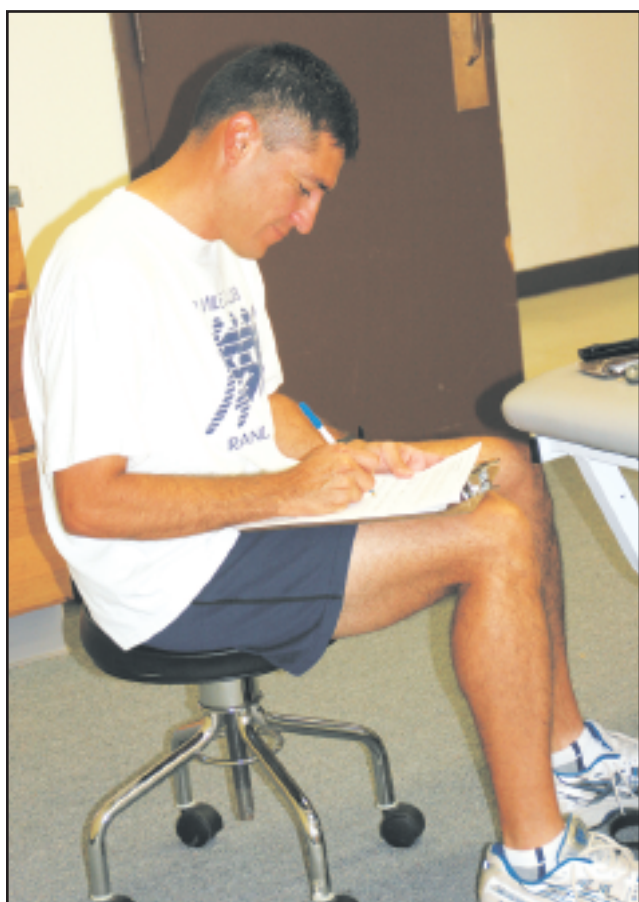
When asked how he heard about the program, Tech. Sgt. Anthony Meek, Air Force Manpower Agency, Randolph Air Force Base, Texas, said, "My commander sent an e-mail with the flyer attached, and I wanted to check it out."

Spc. Michael Juan, B Company, 264th Medical Battalion, said, "I wanted to find out what kind of running shoe I need. I was kind of wondering about the \$100,000 system too."

The \$100,000 EMED-X Pressure Platform Juan was referring to is a blue walkway nicknamed the catwalk. The walkway obtains a computerized analysis of the dynamic foot type. Attached to several computers, the equipment analyzes data and is able to figure out which of the dynamic measures matter. The station is easy to operate, shows the pressure distribution of the foot as it is



Second Lt. Keith Collinworth, U.S. Army-Baylor student researcher, uses the Foot Assessment Platform System to measure the arch height in a non-weight-bearing position, as well as various angles of 2nd Lt. Tim Eckard's foot.



Tech. Sgt. Anthony Meek, Air Force Manpower Agency, Randolph Air Force Base, Texas, fills out a questionnaire with a written consent to participate in the research study.

walked upon. When finished, the measurements allow a proper shoe prescription to fit the needs of the individual's feet, whether high arch, flat foot or a normal range.

Once a foot type is determined, literature on the proper fitting shoe is given to the individual as well as proper lacing techniques.

Second Lt. Brian Stoltenberg, student research group leader, said, "We have an education station, where subjects learn about the correct running shoe type based on their foot type and optimal fitting and lacing techniques."

The FFAST program is one-third complete, but is still in need of volunteers before the program's end at the December exodus. All foot types are needed but if any of the following conditions are present the study will not be performed: open sores, athlete's foot, plantar warts, or if a person is currently limping.

With the help of volunteers, program leaders hope to ascertain which foot types are at risk for injury, which shoes can minimize injury risk for those foot types and educate about foot type and footwear.

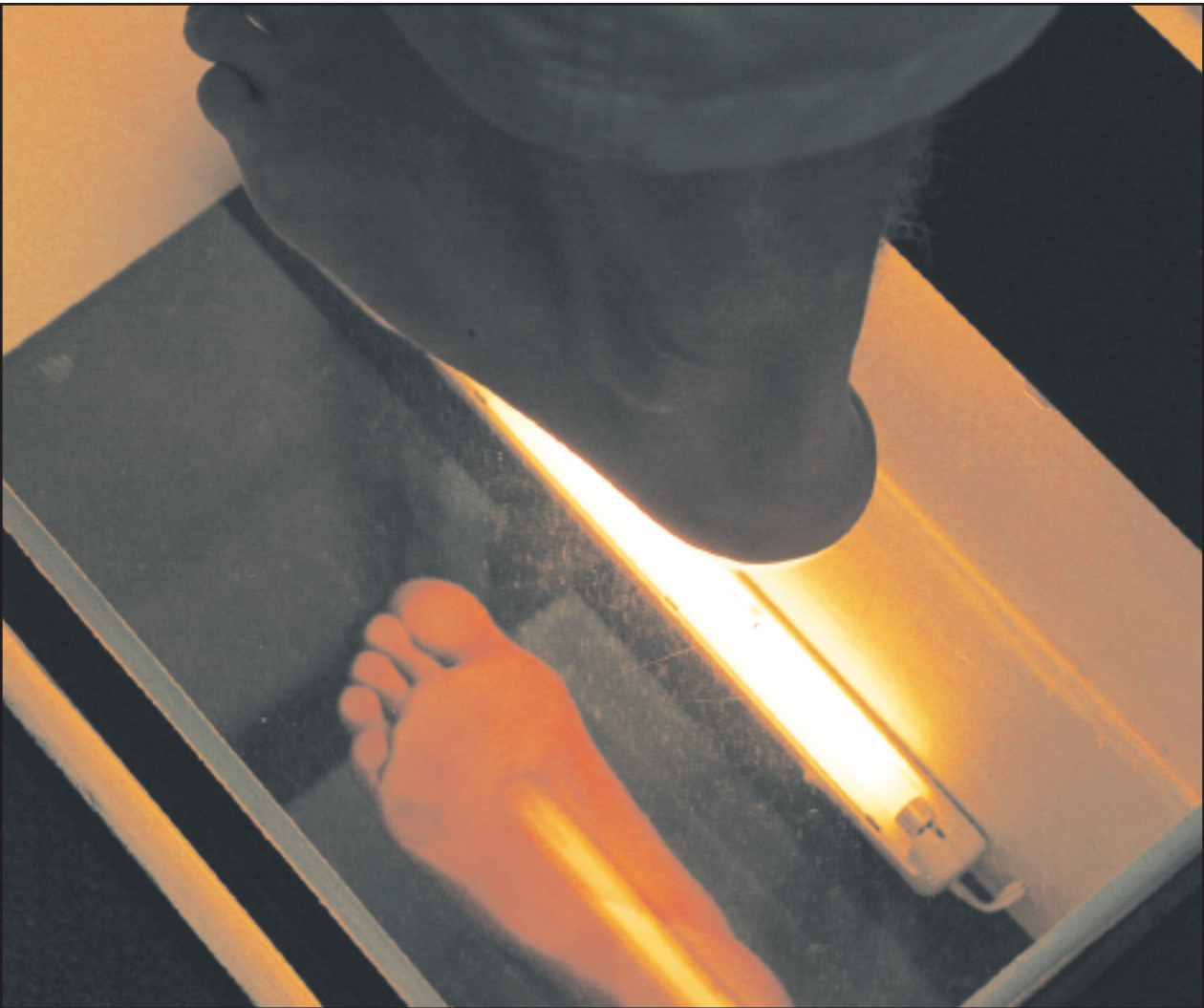
For more information or to volunteer, call 541-1274 or e-mail faastresearch@gmail.com.



Spc. Michael Juan, B Company, 264th Medical Battalion, walks the blue pathway of the EMED-X Pressure Platform to obtain a computerized analysis of his dynamic foot type.



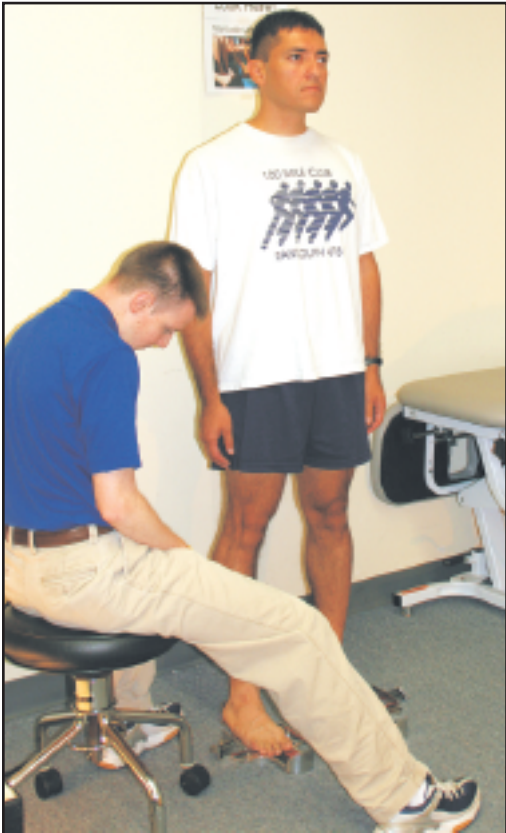
Second Lt. Jess Feldtmann, student researcher, assesses a subject's foot posture using the Foot Posture Index.



Foot shape is determined by standing on a mirrored light box, known as a podescope.



Second Lt. Brian Stoltenberg, student research group leader, looks at the education station, where subjects learn about the correct running shoe and optimal fitting and lacing techniques based on foot type.



Second Lt. Tim Eckard, student researcher, measures Tech. Sgt. Anthony Meek's shoe size using a Brannock Device. The device is commonly used in shoe stores to measure shoe size.



Student researcher 2nd Lt. Peter Doyle measures the feet of Spc. Michael Juan, B Company, 264th Medical Battalion, with the Foot Posture Index at one of the stations of the Foot Assessment Algorithm for Soldiers in Training Program.

Community Recreation

Cottages available at Canyon Lake

The new cottages at the Fort Sam Houston Recreation Area at Canyon Lake will be available for public use Friday. Reservations are being taken for the new 1,200-square-foot facilities. The three-bedroom cottages are fully furnished and equipped with central air conditioning and heating, barbecue pit and kitchen with appliances. Each cottage has a parking space, front porch and picnic table. For more information or to make reservations, call 830-226-5357 or 888-882-9878.

Gun Hunter Education Class

A two-day Gun Hunter Education Class will be held Aug. 11 and 12 from 8 a.m. to 3

p.m. at the Camp Bullis Outdoor Recreation Center. The \$15 registration fee is payable on the first day of class and reservations are required. The class is mandatory for all rifle hunters who would like to hunt on Camp Bullis. Firearms cannot be brought onto Camp Bullis. For more information or to register, call 295-7577 or 295-7529.

Hunting permits on sale

Gun hunting permits will be available for purchase Aug. 17 at the Camp Bullis Outdoor Recreation Center. For more information, call 295-7577.

National Bowling Week

The Fort Sam Houston Bowling Center will host National Bowling Week Aug. 25 through 31. Receive a scratch-off card to win free bowling, game tokens, an iPod Nano, a portable DVD player and more. Scratch-off cards are available while supplies last.

Outdoor Pool is open

The Aquatic Center is open daily from 12 to 8 p.m. through Sept. 3. For more information, call 221-4887 or 221-1234.

Golf Course, 222-9386

Women’s golf clinic

The Fort Sam Houston Golf Course will host a women’s golf clinic Friday through Aug. 24 from 6 to 7 p.m. The cost is \$120. For more information, call James Benites at 355-5429.

Warrior’s Monthly Scramble tournament

Register up to four players to participate in the Warrior’s Monthly Scramble held the first

Friday of each month at the Fort Sam Houston Golf Club. The next tournament will be Friday with a shotgun start time at 12:30 p.m. The entry fee is \$20 per person and includes cart rental, prizes and social following the scramble. Participants must be in an authorized pass or leave status. For more information, call the Golf Club’s Pro Shop at 222-9386.

Labor Day Golf Tournament

The Golf Club will host the annual Labor Day Tournament Aug. 31 from 1 to 5:30 p.m. The cost to enter is \$30 for non-members and \$20 for members, and includes green fees, carts, awards and a banquet. Form your own team for this four-person scramble. Prizes will be awarded at the banquet following the tournament. For more information, call 221-4388.

Dining and Entertainment

Harlequin Dinner Theatre, 222-9694

The Arthur Long comedic production “Never Too Late” will be presented at the Harlequin Dinner Theatre through Aug. 18. Performance tickets are \$24.95 for Wednesdays and Thursdays and \$27.95 for Fridays and Saturdays. Doors open for salad bar and cocktails at 6:15 p.m., the buffet from 6:30 to 7:30 p.m. and the show begins at 8 p.m. Military discounts are available. To make reservations or for more information, call 222-9694.

MWR Ticket Office, 226-1663

The MWR Ticket Office has discounted

tickets for Splashtown. The tickets are \$8 for daily entrance. Discounted tickets for SeaWorld, as well as many other attractions, are also available. The ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m., Saturdays from 10 a.m. to 2 p.m. and closed Sundays and Mondays. For more information, visit www.portsamhoustonmwr.com or call 221-1663 or 224-2721.

2007 Military Long Drive

The MWR Long Drive Championship, presented by Cadbury Schwepps, will be held Aug. 12 at 8:30 a.m. at the Fort Sam Houston Golf Club. This one-day program is open only to active duty service members, Reserve and National Guard (inactive status may participate). The installation with the most participation will win \$1,000 worth of Army and Air Force Exchange Service gift cards to be used by its respective MWR Directorate. In addition, Fort Sam Houston MWR will offer a \$200 AAFES gift card drawing for each military installation. Prizes will be awarded for first through third place finishers. The top long drive competitor at each of the five geographical zones who records the longest drive will win an all-expenses-paid trip to compete in the military division at the RE/MAX Long Drive Championship in Mesquite, Nev. The active duty service member to hit the longest qualified drive during the Military Division of the RE/MAX Long Drive Championship will win \$10,000 and be featured on the ESPN coverage of the event. Competitors in the MWR Long Drive Championship will pay \$10 per try (six balls). For more information, call 222-9386 or visit www.portsamhoustonmwr.com/bod/golf_club.asp.

Great Getaways Sweepstakes

Register for a chance to win an all-inclusive grand prize vacation package for two at one of four Armed Forces Recreation Centers. The sweepstakes is open to service members, retirees, Department of Defense civilians and their Families, age 18 and older, through Aug. 31. For more information or to enter, visit <http://www.afrcresorts.com/sweepstakes>.



Photo by Kelly Jones

Gotta know when to fold ‘em

Paul Matthews, director, Morale, Welfare and Recreation, awards 1st Sgt. Clay Istre, the first place winner of the Texas Hold ‘em tournament, a \$700 Southwest Airlines certificate, which entitles him to a free flight to any one of Southwest’s destinations. More than 120 San Antonio community members enjoyed a night of Texas Hold ‘em July 13 at the Sam Houston Club. The top three players were awarded prizes from Army and Air Force Exchange Service and Southwest Airlines. Participants and onlookers received Southwest Airlines peanuts, bag-tags, toy airplanes, in addition to other promotional goodies. The Sam Houston Club welcomes all suggestions for programs and events; send ideas via e-mail to samh.INFOMWR@us.army.mil. For information on the next Texas Hold ‘em event at the club, visit www.portsamhoustonmwr.com.

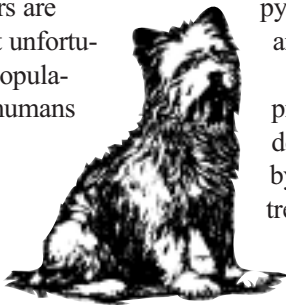
Warm weather pests create problems for dogs

Warm temperatures and mild winters are attractive to the human population, but unfortunately, also attract a strong mosquito population. These annoying pests can infect humans with different diseases but also pose a health risk to man’s best friend.

The Fort Sam Houston Veterinary Clinic advises that with proper treatment and use of prescribed preventatives the family pet can live a normal and happy life without fear of disease and unhealthy risks to the people in the family.

It is impossible to prevent mosquitoes from biting a dog and a single bite can infect the canine with heartworm larvae. Untreated adult heartworms will congest the heart and lungs causing poor health and eventually death. Treatment is time consuming, costly and can be dangerous. For this reason, veterinary personnel highly recommend monthly preventatives.

There are various types of heartworm preventatives on the market including Heartgard Plus, Revolution and Interceptor. In addition to heartworms, these products also help prevent different types of intestinal worms, though this varies by product. Two active ingredients in each of these products are ivermectin for prevention of heartworms and



pyrantel pamoate for prevention of roundworms and hookworms.

Heartgard Plus is the most widely used product and used for most military working dogs. The beefy chewable tablets are prescribed by weight range. Dogs take the tablet like a treat, and the manufacturer backs it with a guarantee. If a dog that has been prescribed to use this product becomes infected with heartworms, the company will cover the medical expenses for treatment.

In August a new product will be carried. Iverhart Max prevents heartworms, roundworms, hookworms and has an additional ingredient, praziquantel, for the prevention of tapeworms.

Ingesting a flea is the main route of tapeworm infestation in dogs and is very common. Iverhart Max in conjunction with flea control will greatly reduce the possibility of infestation by this nutrient-robbing worm. Iverhart Max is available in a monthly beef-flavored chewable tablet and is backed by a manufacturer’s guarantee. The cost of a six-month supply is less than the average cost of other products.

For more information, call the Fort Sam Houston Veterinary Clinic at 295-4260 or 295-4265. (Source: Fort Sam Houston Veterinary Clinic)

Army Community Service
Financial Readiness Schedule

Personal Financial Management

Today and Tuesday 2 to 4 p.m.

Understanding Your Credit Report

Aug. 14 2 to 4 p.m.

Financial Planning

Aug. 9 and 16 2 to 4 p.m.

- Personal Financial Management – Information on credit reports, maintaining budgets and effective savings plans.
- Understanding a Credit Report – Pull, review, correct and update an individual credit report.
- Financial Planning – Information on savings, credit and establishing budgets.

All classes are held in Building 2797, 2010 Stanley Road, training room 1. Class space is limited. For more information or to register, call 221-1612.

Events

Children’s story time

The Non-Commissioned Officers’ Wives Club will host Children’s Story Time Friday at 3 p.m. and Aug. 10 at 4 p.m. at the Keith A. Campbell Memorial Library, 2601 Harney, on the corners of Harney at Chaffee. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

Garage sale

The next post garage sale will be held Saturday from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot. There is no cost to participate, but individuals selling items must pre-register. A valid Department of Defense ID card is required to participate. Participants may rent tables and chairs on-site from the Outdoor Equipment Center. Table rentals will be on a first-come, first-served basis as supplies last. The selling of firearms, animals, arts and crafts, or food and beverage items is not permissible. To register or for more information, visit www.fortsamhous-tonmwr.com or call 221-5224 or 221-5225.

San Antonio downtown walk

The Trinity Trekkers Volksmarch club will host a 10K walk in conjunction with the Texas Volkssport Association Walk Sunday at the Holiday Inn-Market Square at 318 W. Durango. For more information, call David Toth at 521-8684 or e-mail trintrek@sbcglobal.net.

Army 101

A three-day Army 101 class will be held Aug. 13, 14 and 16 from 6 to 8:30 p.m. at the Army Community Service center. Learn acronyms, rank structure, chain of command/concern, community resources, customs, courtesies and more. Army Family Team Building encourages spouses, Family Members, Soldiers and Department of the Army civilians to find out more about Army life. For more information or to register, call 221-0946.

Spouses’ Club meeting

The new Fort Sam Houston Spouses’ Club will hold its first board meeting of the 2007-2008 year Aug. 14 at 11 a.m. at the Sam Houston Club, Crocket Room. For more information, call Marcella Garcia at 677-5187 or e-mail marcellag0642@aol.com.

Girl Scouts pool party

The Girl Scouts of Southwest Texas invites girls of all ages and their parents to attend the Cole Service Unit Girl Scouts pool party Aug. 25 from 1 to 4 p.m. at the Fort Sam Houston outdoor pool. Reservations are required by Aug. 20. For more information, call Teresa Clark at 349-2404 ext. 217 or email tclark@sagirlscouts.org.

Seeking Cub Scouts

Boys going into first grade (or 7 years old) through fifth grade are invited to join the Cub Scouts Pack 23 at Fort Sam Houston. Pack 23 offers a fun summertime program that includes water sports, hikes and den meetings. To register or to transfer a scout into Pack 23, e-mail Jennifer Tucker at jtuckerpack23@yahoo.com. For more information, call Kevin Muravez at 262-6114 or e-mail Peter Moons at peter.moons@us.army.mil.

Honorary Bat Boys

Send in nominations to be an Honorary Bat Boy for the San Antonio Missions home games throughout the summer. Honorary Bat Boys not only get to help on the field at a game, but also receive a Missions cap, special T-shirt and tickets for Family Members to attend the game. They will also participate in the on-field opening ceremonies at Missions home games on Friday, Saturday or Sunday. This contest is open to military youth, male and female, 18 years old and younger, who are authorized commissary and Morale, Welfare and Recreation program access. To register, send in a post card with the

nominee’s name, age and phone number on a 3-by 5-inch card to San Antonio Missions Baseball Club, Kraft Singles Honorary Batboy, 5757 Highway 90 W, San Antonio, TX 78277.

Vet treatment facility

The Fort Sam Houston Veterinary Treatment Facility provides physical examinations and vaccinations by appointment for privately owned animals. Walk-ins are seen on a space-available basis. Post registration may be done on a walk-in basis; call ahead of time to ensure the clinic is open and have the proper paperwork necessary. Pet care products are available for purchase Monday through Friday from 8 a.m. to 4 p.m. The clinic does not provide boarding or grooming services. Sick call and vaccinations are scheduled by appointment only. Clinic appointment hours are Monday through Wednesday from 8:30 a.m. to 3 p.m. for veterinarian appointments and vaccinations; Thursdays and Fridays from 8:30 to 11:30 a.m. are for vaccinations only. For more information or to schedule an appointment, call 295-4260 or 295-4265.

College scholarships

The Freedom Alliance Scholarship Fund provides tuition assistance for the 2007-2008 academic year to dependents of troops killed or permanently disabled in the line of duty. Freedom Alliance will accept applications until Aug 10. Students must be enrolled or accepted at an accredited college university or vocational school. For more information or to download an application, visit www.freedomalliance.org or call Jennifer Ohman at 310-367-1326.

Volunteer

School supplies needed

Operation Homefront is partnering with Mattress Pro stores in San Antonio to collect school supplies for children of deployed service members. School supplies can be dropped off at any of the Mattress Pro Stores through Monday. For more information, call 659-8039 or visit www.operationhomefront.net/texas.

ASMC ‘Dare to Love’ Drive

The American Society of Military Comptrollers will be holding a Back to School “Dare to Love” drive. All donations will go to the Rainbow Room, which supplies emergency clothing and supplies for children referred to Child Protective Services. The

following supplies are needed: backpacks, erasers, construction paper, scissors, folders and spiral notebooks. ASMC will collect supplies through Aug. 10 with delivery to CPS Aug. 15. For more information, call Gracie Ayala at 671-0344 or 834-2742.

Volunteers needed

The Texas State Guard is looking for volunteers, ages 17 to 65; prior military service is not required. The Texas State Guard meets on the third Saturday of the month at 8 a.m. at the Texas State Guard Armory, 4255 Interstate Highway 35 North. For more information, call Capt. Fred Balderrama at 830-985-3067.

Meetings

NCO Wives Club

The Non-Commissioned Officers’ Wives Club invites members and non-members to an August business meeting Tuesday at 10 a.m. at the Sam Houston Club. Membership is open to E-4s and above. For more information, call Jennifer Koranyi at 437-2788 or e-mail jennykor@aol.com.

SAMC Summer Membership Drive

Sergeant Audie Murphy and Sergeant Morales Club members are invited to join the local Sergeant Major of the Army Leon Van Autreve Chapter. The chapter welcomes inducted and honorary members. For more information, call 332-0722 or 221-9925.

Training

University of the Incarnate Word

A Representative from the University of the Incarnate Word will be on site every other Monday from 10 a.m. to 4 p.m. at the Fort Sam Houston Education Center, Building 2248. Come learn the benefits of a UIW’s adult degree completion program and Universe Online. Discount for active and retired military; college credit for military training; evening classes online; eight week accelerated terms; and four convenient locations in San Antonio. For more information, call Vanessa Carrasco, University of the Incarnate Word, Extended Academic Programs, at 829-2769 or e-mail vcarrasc@uiwtx.edu.

Army’s funded Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. The program is open to commissioned officers with rank of second lieutenant through captain. Applicants must have at least two, but not more than six years of total active Federal service at the time legal training begins. Applicants must send requests through command channels, to include the officer’s branch manager at Army Human Resources Command, with a copy furnished to the Office of the Judge Advocate General, ATTN: DAJA-PT (Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, Va 22209-2194, before Nov. 1. For more information, call the local Staff Judge Advocate.

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on



Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail **news.leader@samhouston.army.mil** or fax to **221-1198**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.

- For Sale:** Twin mattress and box spring, excellent condition, \$50. Call 370-3123.
- For Sale:** Fisher Price cradle swing with mobile, \$50; Baby Trend infant carrier with base, \$50; small sofa rocker, \$20. Call 946-4530.
- For Sale:** Rubbermaid storage shed, 5.5 feet by 6 feet by 6.5 feet, \$300. Call 945-8577.
- For Sale:** Jazzy motorized wheelchair with detachable foot rest and instruction booklet, \$1,000. Call 661-3765.
- For Sale:** 1994 Chrysler LHS, automatic, CD player, AC, over 200K miles, \$2,000. Call Tim at 745-2424.
- For Sale:** 1985 Mercedes-Benz 500 SEL, low miles, sunroof, new upholstery, rebuilt engine, all power and well maintained with records, private owner, \$4,950 obo. Call 218-1975 or 830-438-2860, leave message.
- For Sale:** Pro quality 8-foot Boessling pool table, \$1,400 with set up or \$1,000 if you move. Call Clyde

- Landry at 295- 4143 or 656-6466.
- For Sale:** Bassinette, \$20; Whirlpool portable dishwasher, \$125; pet carriers various sizes, \$10 and up; dormitory/apartment refrigerator, \$90; male golden retriever, follows commands, \$125; SUV/van seat, \$35. Call 633-3859.
- For Sale:** 1983 Chevy Suburban, good work truck or for towing trailers, \$1,200. Call Susan at 507-2612 or 919-559-6997.
- For Sale:** Three-piece girl’s bedroom set with box spring, \$300; double slice toaster, can opener or hand mixer, \$5 each; ladies’ semi-formals and suits, \$25; girls’ dresses, size 16, \$15; Avon purses, \$20. Call 826-0882, leave message.
- For Sale:** 2000 Wilderness Fleetwood 31-foot travel trailer, bumper pull, with super slide couch and table, front queen bedroom with bunk beds in rear, immaculate condition. \$13,000 obo. Call 380-4245 or 830-708-4863.

- For Sale:** Solid hardwood table, 48 inches by 36 inches, rustic finish with four chairs, excellent condition, \$500; Pennair Legend II pool cleaner, \$250; new Samsonite rolling tote bag, black, three compartments, \$35; Canon AE-1 program, 35 mm camera includes two lenses, flash and other extras, \$200. Call 697-9261 or 363-4056.
- For Sale:** Chocolate Labrador retriever, female, 5 months old, AKC papers, knows basic commands, crate trained, includes large crate, micro-chip and toys, \$250. Call Sam at 254-423-2602.
- For Sale:** White bookshelf, \$20; corner computer desk, \$30; multi-color love seat, \$45; dresser, \$35; complete single bed, \$175. Call Sandy at 241-1291.
- For Sale:** Color TV, 21-inch with remote, \$55; left handed golf clubs, 3 to 9, pitching wedge and bag, \$160 obo; tube testers, model TV-11, \$20; portable stereo, \$20. Call 227-6590.